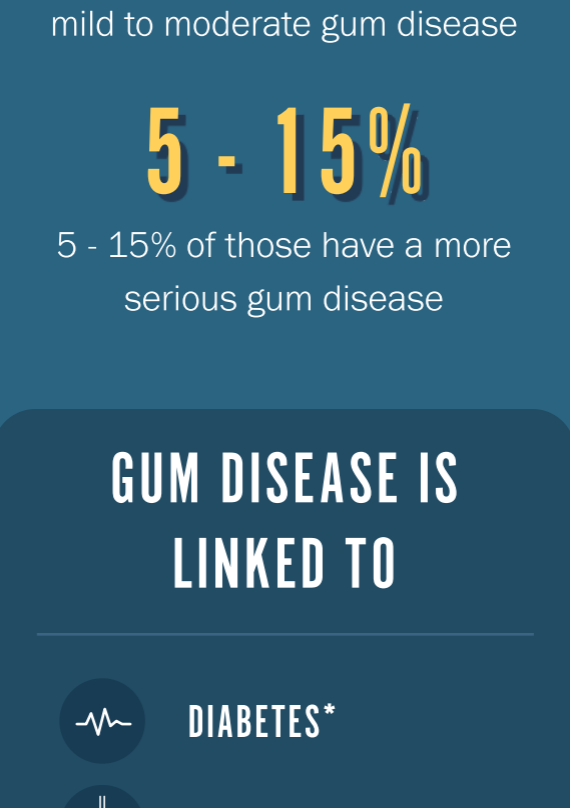


# ORAL HEALTH and OVERALL HEALTH

CLEARING THE AIR  
ABOUT DENTAL CARE



**30 - 50%**

of American adults have at least mild to moderate gum disease

**5 - 15%**

5 - 15% of those have a more serious gum disease

## GUM DISEASE IS LINKED TO



**DIABETES\***



**RESPIRATORY DISEASE**



**OSTEOPOROSIS\*\***



**HEART DISEASE**

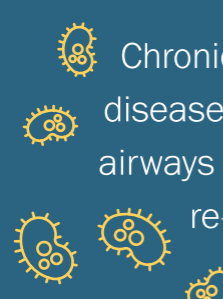


**PREGNANCY ISSUES\*\*\***

## DIABETES

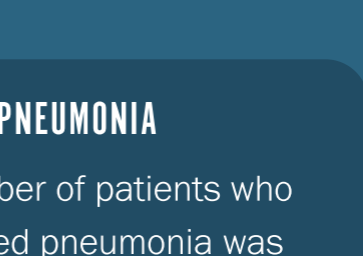


Periodontal disease increases inflammation & makes it more difficult to control diabetes



Diabetes is known to contribute to xerostomia soreness, ulcers & tooth decay

Gum disease increases blood sugar



**95%**

of Americans with diabetes also have periodontal disease.<sup>7</sup>



## RESPIRATORY DISEASE

Gum disease may cause respiratory diseases like pneumonia.



Chronic obstructive pulmonary disease causes the blockage of airways & could lead to bouts of re-infection from repeated aspiration of bacteria



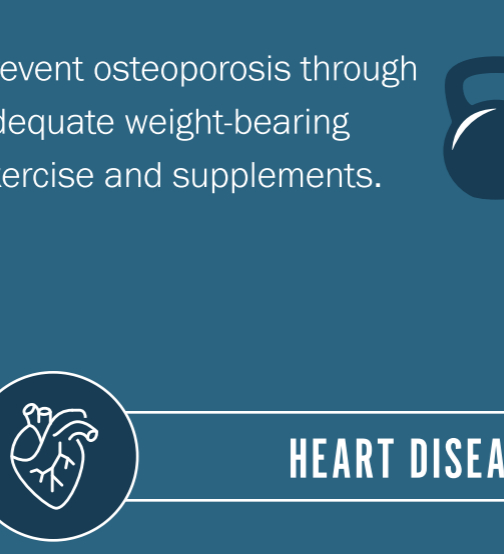
re-infection from repeated aspiration of bacteria



re-infection from repeated aspiration of bacteria

## PNEUMONIA

The number of patients who developed pneumonia was almost 4x higher in those with periodontal infections.



Treating gum disease & inflammation can decrease the risk of pneumonia.

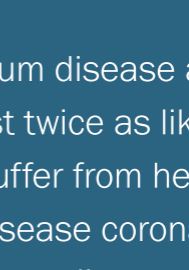
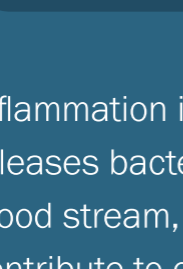
## OSTEOPOROSIS



Osteoporosis can affect the jaw bone's strength and durability. Over time, its density decreases, causing tooth loss.

**MORE**

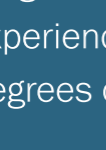
**LESS**



In women with osteoporosis the risk of tooth loss is 3x greater than in women without it.



Prevent osteoporosis through adequate weight-bearing exercise and supplements.



## HEART DISEASE



People with periodontal disease are nearly 3x more likely to suffer a stroke.<sup>2</sup>

## PERIODONTAL DISEASE FOUND IN PATIENTS



At least 23% found in patients without coronary atherosclerotic heart disease.

Over 84% in patients with coronary atherosclerotic heart disease.

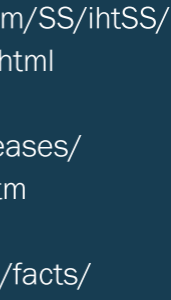
Inflammation in the gums releases bacteria into the blood stream, which can contribute to clogged arteries.



**2x**

Those with gum disease are almost twice as likely to suffer from heart disease coronary artery disease, or even a fatal heart attack.<sup>1</sup>

## PREGNANCY ISSUES



Expectant mothers with periodontal disease are 7x more likely to have premature or low birth weight babies.<sup>3</sup>

At least 30% of pregnant women will experience varying degrees of gingivitis.<sup>5</sup>



Gum disease may be associated with increased risk for pre-term labor and low birth weight.



Gum disease and inflammation may trigger an increased production of prostaglandin, a chemical compound that induces labor. Too much of this chemical too early could cause pre-term labor.



**FIND OUT MORE BEFORE IT'S TOO LATE. SEE YOUR DENTIST!**

Brought to you by



## SOURCES

\*Diabetes section reviewed by endocrinologist Margarita Ochoa-Maya, MD, CDE, CCD

\*\*Osteoporosis section reviewed by rheumatologist Julie Levengood, MD

\*\*\*Pregnancy section reviewed by obstetrician/gynecologist Nicholas Fogelson, MD

1 <http://www.perio.org/consumer/mbc.heart.htm>

2 <http://www.vhcf.org/data/statistics-and-research-on-dental-access/>

3 <http://vrp.com/heart-health/oral-health-and-heart-disease-the-unexpected-connection>

4 [http://adha.org/media/facts/total\\_health.htm](http://adha.org/media/facts/total_health.htm)

5 <http://simplestepsdental.com/SS/ihtSS/r.=/st.31848/t.35020/pr.3.html>

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7 [http://www.adha.org/media/facts/total\\_health.htm](http://www.adha.org/media/facts/total_health.htm)

8 <http://www.everydayhealth.com/specialreport/powerful-tips-daily-oral-care/dental-health-overall-health.aspx>